

You are not alone.

Supporting a loved one who is struggling with thoughts of suicide can be difficult, but you can have a positive impact on your loved one's wellness. Help your loved one cope before, during and after and help them find the best treatment.

Get support.

What you can say to help:	What not to say:
How are you feeling today? You are important to me. Your life is important to me.	It's all in your head.
Tell me what I can do now to help you.	We all go through times like this.
You are not alone in this. I'm here for you.	You'll be fine. Stop worrying.
I understand you have an illness, and that's what causes these thoughts and feelings.	Look on the bright side.
I'm not sure how I can help in this situation, but I promise to stick with you through it.	You have so much to live for? Why would you want to end it all? To die?
I may not be able to understand exactly how you feel but I care about you and want to help.	I can't do anything about your situation.
When you want to give up, tell yourself you will hold on for just one more day, hour, minute — whatever you can manage for today.	Just snap out of it.
I am here for you. We will get through this together.	Stop acting crazy.
How is your relationship with your counselor? When is your next appointment?	What's wrong with you?
Will you agree to talk with me if the suicidal feelings return? If not, is there someone else you can talk to?	Shouldn't you be better by now?